

Recovery Hospital



Overview

Location Athlone, Cape Town, South Africa.

Duration From 4 weeks.

Dates All year round.

- Requirements**
- Minimum age: 18.
 - You must have an Upper Intermediate level of English.
 - Special skills: It is an advantage to have worked with children before.
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Your impact 

The impact of your volunteer work depends on the nature of the project. In addition, it may also depend on whether the project offers a full volunteering experience or a combination of volunteering and tourism. For details, please see the description of the project and what's included in the project fees.

Documents required Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.

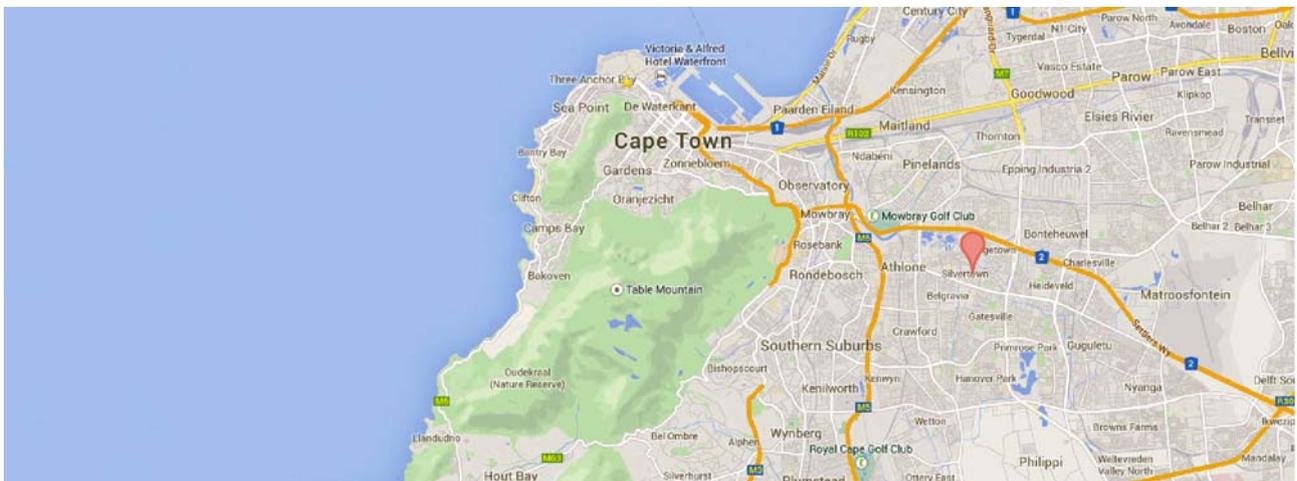
Day of arrival Thursday.

Day of departure Saturday.

Highlights

- Help in caring for the most vulnerable members of society.
- Provide love and care to children who are recovering in a home-like environment.
- Play games and have fun with kids who really need loving attention. Bring happiness and joy in the daily life of children.
- Experience amazing tours and adventures in and around Cape Town.
- Get personal support from the volunteer coordinator.
- Make new friends from all over the world.

Project information



The Recovery Hospital was opened in 1964 to provide expert nursing and medical care in a homely and loving environment for infants and children who are recovering from acute medical and surgical conditions. These children are unable to return to their own homes for social or medical reasons. To ensure that the hospital is able to provide an excellent quality of care, the hospital continually aims to improve their facilities and as well as keeping up with general maintenance.

Underprivileged families living in deprived areas do not have the finances or the facilities to nurse their children after an acute illness or severe burns. This hospital is an essential link in the treatment of children, breaking the cycle of the recurrence of sometimes-fatal diseases.

Besides basic medical care, the hospital is well equipped to provide rehabilitative services such as physio and occupational therapy, nutritional rehab, psychological rehab and basic educational stimulation for children of school-going ages. The children are treated for various medical conditions arising from HIV and Aids, tuberculosis, malnutrition, etc. All of these children are cared for at this hospital.

Programme details

Provide love and care to children who are recovering in a home-like environment. Working alongside qualified nurses, you provide the attention and affection that the little ones need.



Your role

The children at the hospital are able to run around and play. They require attention and must be kept occupied. This type of work is different from nursing. The children confined to their beds also need the care and attention of the volunteers, who play and read with them and distract them from their illnesses. You help with feeding, making meal times more efficient. You may also help with basic administrative tasks, cleaning, escorting patients to other hospitals. You will assist the teacher to teach the 3 to 4 year olds.

Remember that you will be playing with little kids, you will get dirty, get snotty and have them cry a few times, but it is all worth the effort when you see them smiling. You are a valuable addition to the team at the hospital and your work will become an integral part of the care-giving package.

A possible work schedule could be:

- 08.30 Breakfast: Help with feeding the children and preparing some of them for nursery school by supervising brushing of teeth, ensuring that faces and hands are clean, etc.
- 08:30 – 11:30 Quality time: Give love and attention to the children by playing with them using the toys provided under the supervision of a member of staff. Occupy those children confined to their beds by reading books, playing with educational toys, etc., according to their age group.
- 11:30 Lunch: Help with feeding the children, and then supervising them with the potty, washing faces and hands and encouraging their afternoon nap.
- 12:00 – 14:00 Sleeping time.
- 14:00 – 15:30 Help with the afternoon snack (a cup of milk for the children or a bottle feed for the babies). Keep the children occupied, e.g. play therapy/ reading until bath time and assist where needed.
- 15:30 Supper: Help with feeding and clearing up after the meal.

It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.

Arrival

You will need to arrive on a Thursday at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

After an orientation meeting at the language school in Newlands on Friday, your first day of volunteering will be on Monday.

Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area and consists of rooms with 2 single beds and 2 bunk beds. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD and a beautiful garden with a swimming pool. A commercial laundry service is close by. Bedding is provided. Towels are not provided.



Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

Free time

Together with other volunteers and language students from Good Hope Studies you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to www.goodhopevolunteers.com.

How to get to the project

There is a daily transfer by bus from the Volunteer House to the project and back.

What to bring

There are no special requirements in this regard but we recommended bringing comfortable, practical clothes. Anything else you might need is readily available at local supermarkets in South Africa.

While there is no specific uniform, volunteers are asked to wear sensible clothing, e.g. long shorts and closed shoes. Hot pants, string bikinis and flip-flops are not suitable for work.

Medical insurance

It is required that you take out medical insurance before travelling to South Africa. For stays exceeding 90 days, it is compulsory to take out a South African medical insurance. We recommend NetworX from Compcare, which is specifically designed for people who visit South Africa for 3 to 12 months. You will receive an information leaflet and an application form together with your confirmation of booking.

Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda, Zaire.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.



Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.

Safety

There is no need to be worried about catching a sickness; the hospital will not put you in contact with any kids that are contagious.

HIV and AIDS are a major public health concern. You should be aware that you are working with children that could be infected.

What's included / not included

Included:

- Project placement
- Airport transfer on arrival
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Daily bus transfer to and from the project
- Full-day excursion on the first Saturday
- A donation towards the project
- Good Hope Volunteers welcome pack
- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering
- Participation in the activities of the Social Club (extra charges may apply)
- Electronic certificate (printed copy on request)
- Local support including a 24-hour emergency number
- WiFi

Not included:

- Food
- Local transport
- Any items of a personal nature

When combining with a language course

When you participate in a language course before you start at this project or when you participate in a language course in the morning and volunteer in the afternoon, the day of arrival is Sunday and the free full-day excursion on the first Saturday is not applicable.



Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African Embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

If you plan to come for more than 90 days, you need to apply for a visa at a South African Embassy in your home country.

For the latest information contact the South African Embassy or Good Hope Volunteers.